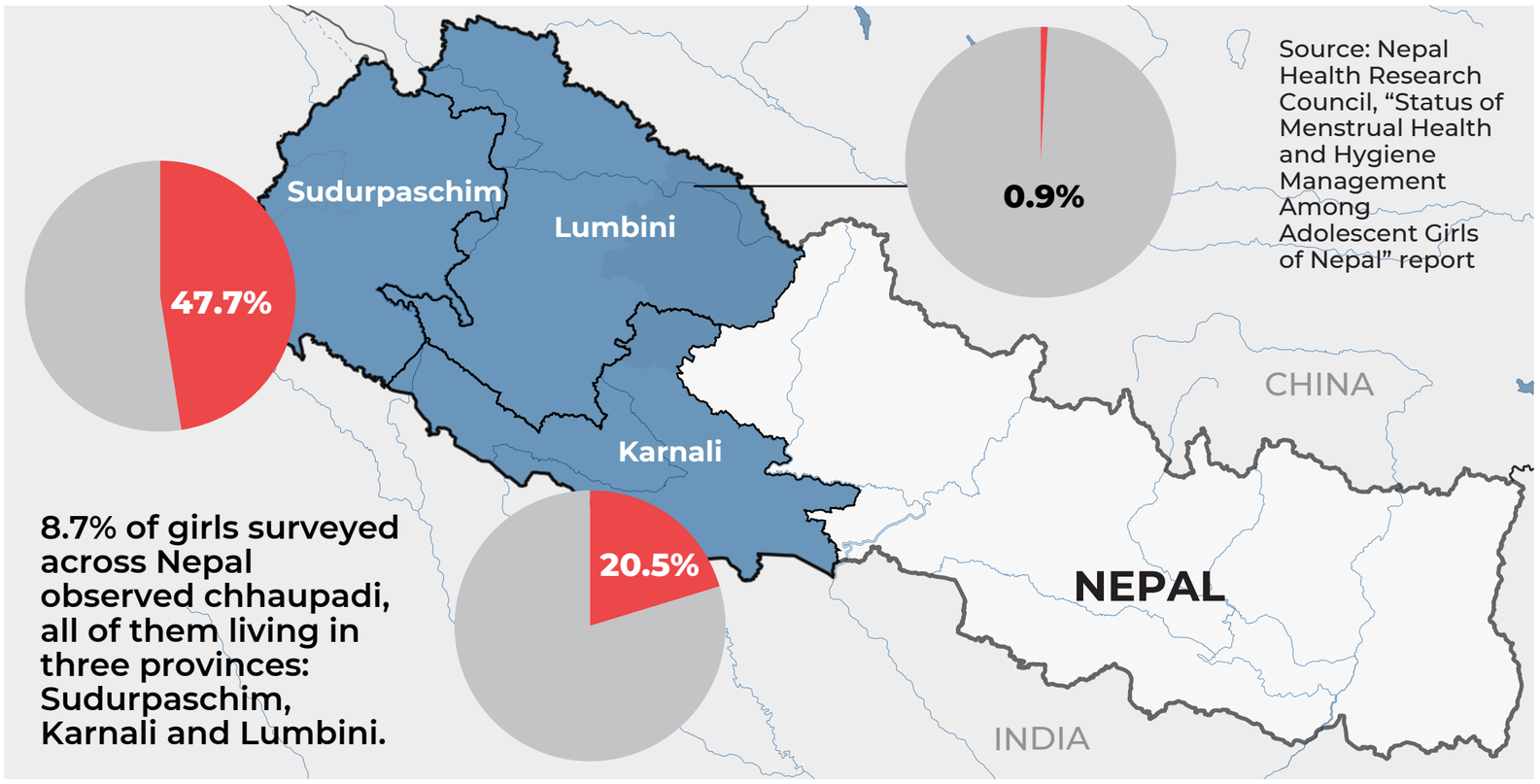
How Prevalent is Chhaupadi Among Adolescent Girls in Nepal?

Data is based on a survey of 3,495 girls between the ages of 10 and 19 who have begun menstruating, conducted from October to December 2019 by World Vision International Nepal and the Nepal Health Research Council.


Sudurpaschim
Lumbini
Karnali
47.7%
0.9%
20.5%
CHINA
NEPAL
INDIA
Source: Nepal Health Research Council, "Status of Menstrual Health and Hygiene Management Among Adolescent Girls of Nepal" report
8.7% of girls surveyed across Nepal observed chhaupadi, all of them living in three provinces: Sudurpaschim, Karnali and Lumbini.

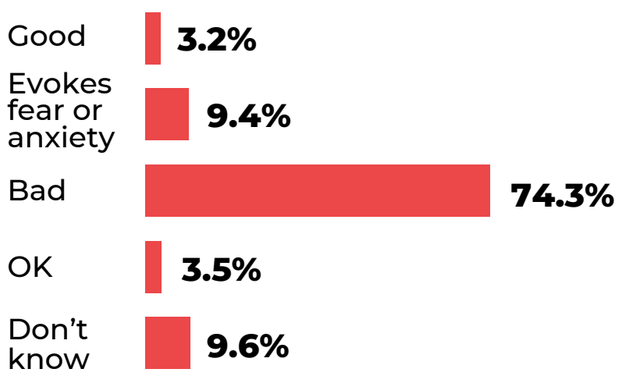
Activities typically restricted during menstruation

- ☐ Going to the temple
- ☐ Attending religious events
- ☐ Participating in household puja
- ☐ Touching male family members
- ☐ Touching adults
- ☐ Cooking or entering the kitchen
- ☐ Going outside as usual
- ☐ Sleeping in the same house as the rest of the family
- ☐ Sleeping in the same bed as usual
- ☐ Lifting heavy loads
- ☐ Bathing/washing
- ☐ Fetching drinking water
- ☐ Touching plants or weeds
- ☐ Consuming dairy products

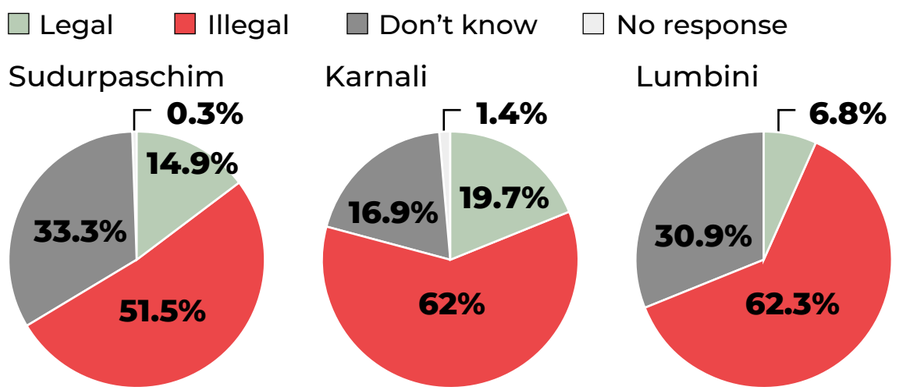
Attitudes Towards Chhaupadi in Western Nepal

Data is based on a survey of 3,495 girls between the ages of 10 and 19 who have begun menstruating, conducted from October to December 2019 by World Vision International Nepal and the Nepal Health Research Council

Overall perception of chhaupadi



Knowledge of legal status of chhaupadi



Resisted menstruation-related restrictions at home

Resisted menstruation-related restrictions in the community

Source: Nepal Health Research Council, "Status of Menstrual Health and Hygiene Management Among Adolescent Girls of Nepal" report